



City of Chattanooga Fitness Center
Spring 2004 Specialty Class / Fitness Programs
Participants must Pre-register and pay the required fee

(*New*) Core, Strength & Stretch

Body conditioning class using Pilates based movements
Monday & Wednesday @ 12 noon (Cost \$40.00 **does not include .50 entry fee**)
6 weeks May 24th – June 30th (Instructor Kim Butters)

Oriental Middle Eastern Dance (Belly Dance)

Belly Dance an ancient enduring art form of creative movement
Tuesdays' Only at 6:00 pm (Cost \$40.00 **does not include .50 entry fee**)
May 11th through June 29th *Eight Weeks* (Instructor Rhonda Tinsley)

T'ai Ji (Meditation in Movement)

Starting April 10th through June 12th (Saturdays' at 11:00 am) Instructor Christopher Campbell
Through T'ai Ji Relax tensions, ease constrictions and let go of Stress.
Cost \$100.00 for 10 weeks **does not include .50 entry fee** \$80.00 for retired Seniors

ABsolute! (Extreme Core training for the Abs and Back) Instructor Ralph Aaron
45 minute sessions Tuesday and Thursday at 12 noon ([Ongoing](#)) \$2.50 per class. includes entry fee

AB Attack! (Basic core training for the Abs and Back) Instructed by Fitness Staff
30 minute session Monday and Wednesdays' @ 5:30 pm ([Ongoing](#)) \$1.50 per class includes entry fee

Extreme Training

Challenging, intense, extreme total body conditioning Instructed by Ralph Aaron
Monday and Wednesday @ 7:00 pm ([Ongoing](#)) \$5.00 per class includes entry fee

Call The Fitness Center at 697-1320